



# Heart Failure

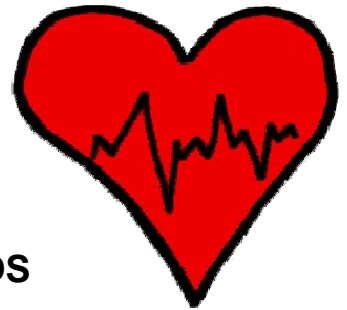
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KyHealth Choices is committed to providing you with educational materials to help you to LIVE A HEALTHIER AND HAPPIER LIFE. You will be receiving quarterly newsletters with information on the importance of taking your pills as ordered by your healthcare provider, weighing yourself daily, avoiding foods high in salt, avoiding stress, exercising daily, and stopping smoking.

**HEART FAILURE**—The words alone sound frightening. But they do not have to be. Heart Failure does not mean your heart is about to stop. But it does mean your heart no longer works as well as it used to.

**NOW YOUR  
HEART NEEDS  
SOME HELP.**



## Remember!

- Take your pills as ordered by your healthcare provider.
- Weigh yourself daily and record on your "Tracking Your Symptoms" chart.
- Take your "Tracking Your Symptoms" chart with you for every appointment with your healthcare provider.



## How You Can Give Your Heart the Help it Needs

- Take your pills exactly as ordered by your healthcare provider.
- Check your weight every day and keep it within the limits set by your healthcare provider.
- Avoid foods high in salt.
- Avoid stress.
- Exercise daily as approved by your healthcare provider.
- If you smoke, STOP.

## Tips For Taking Your Pills

- Take pills at the same time every day so it becomes routine. For example, take your pills after brushing your teeth in the morning or with meals.
- CHECK THE LABEL on your pill bottle and take the exact amount of pills as ordered by your healthcare provider.
- ASK QUESTIONS about your pills and understand the purpose of taking your pills and possible side effects.
- Ask your healthcare provider what to do if you forget to take your pills.
- Report any unusual side effects to your healthcare provider immediately.
- Ask people close to you to help remind you to take your pills.
- DO NOT stop taking your pills without talking to your healthcare provider.
- Call your drugstore for refills before the pills run out. Call your healthcare provider immediately if your prescription for the pills run out.
- Always carry with you a list giving the names and doses of each pill you take. In an emergency, this information will help the emergency medical workers care for you better.



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**Heart Failure** causes extra water (fluid) to build up in your body. This is called edema. The extra fluid makes your heart work harder. This causes swelling of the ankles, feet or abdomen, shortness of breath, and/or weight gain. Rapid weight gain can be a sign that you are keeping too much fluid in your body. You can take steps to get rid of the extra fluid in your body before it becomes serious. CALL your healthcare provider if you gain 2 pounds in one day or 4 pounds in a week. Your healthcare provider may be able to adjust your pills to avoid a trip to the emergency room or being admitted to the hospital.



## Tips for Weighing Yourself

- Weigh yourself on the same scale every day.
- Weigh yourself at the same time every day. Example: Weigh yourself every morning after you use the bathroom, but before breakfast.
- Weigh yourself in similar clothing. Example with or without shoes.
- Write your weight down every day on the “Tracking Your Symptoms” chart provided.

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## “Tracking Your Symptoms” Chart

Please use the “Tracking Your Symptoms” chart to record your weight and heart failure symptoms. Each day, write down your weight. Also check the symptoms that you notice, such as shortness of breath, being tired or swelling. Bring this chart with you when you visit your healthcare provider. This will help your healthcare provider develop the best plan for keeping your heart failure under control.

## Tracking Your Symptoms

Member Name \_\_\_\_\_  
(Take with you to all healthcare provider appointments.)

[illegible]



Cabinet for Health and Family Services  
KyHealth Choices  
Medical Management and Quality Assurance  
275 E. Main Street, 6C-C  
Frankfort, Kentucky 40621

We hope you will take part in this program. If you choose not to take part in the program please call 1-888-564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part

## Coming up...

Did you know you can gain weight without swelling? The average person can hold 8-15 extra pounds of fluid before your body shows signs of swelling or edema.

People with heart failure are asked to eat less salt. Salt causes extra fluid to build up in your body and makes your heart work harder.

### Stop adding salt to your foods by:

- Take your salt shaker off the table.
- Do not add salt when cooking.

